Nurse practitioner emblem

Sized for a 6 inch hoop (15 cm). The stitched design is about 5 × 5 in (12.7 × 12.7 cm).



Which color goes where: by number on page 2.
Fabric: navy cotton or linen.

Stitch in this order

Filled parts from the back of the picture forward, then lines and knots.

1. **Padded satin stitch**, 2 strands
   Ring, chest piece rim
2. **Fishbone stitch**, 2 strands
   Leaves
3. **Satin stitch**, 2 strands
   Coral buds, leaves, tie, tubing, ear tubes, ear tips, collar, chest piece stem, chest piece inner ring, diaphragm, heart, letters
4. **Long and short stitch**, 1 strand
   Bloom petals
5. **Stem stitch**, strands by part on page 2
   Inner line, stems, tube light, steel light, letter shade
6. **Split stitch**, 1 strand
   Petal edges
7. **Straight stitch**, 1 strand
   Petal veins
8. **French knot**, 2 strands, two wraps
   Bloom heart

Floss

- **1 DMC 3821 Straw**
  Ring (light), inner line and bloom heart
- **2 DMC 783 Medium Topaz** Ring (dark), letter shade
- **3 DMC 3820 Dark Straw** Ring (middle), tie
- **4 DMC 989 Forest Green** Stems
- **5 DMC 3348 Light Yellow Green** Leaves (lighter)
- **6 DMC 988 Medium Forest Green**
  Leaves (darker)
- **7 DMC 351 Coral**
  Petal edges and heart, bloom petals (dark), coral buds (darker)
- **8 DMC 352 Light Coral**
  Coral buds (lighter), bloom petals (light)
- **9 DMC 3824 Light Apricot** Bloom petals (lightest)
- **10 DMC 349 Dark Coral**
  Petal veins, bloom petals (darkest)
- **11 DMC 3849 Light Teal Green**
  Tubing and ear tips
- **12 DMC 964 Light Seagreen** Tube light
- **13 DMC 318 Light Steel Gray** Ear tubes
- **14 DMC 762 Very Light Pearl Gray**
  Chest piece rim (lighter), diaphragm and steel light
- **15 DMC 415 Pearl Gray**
  Collar and chest piece stem, chest piece rim (darker)
- **16 DMC 317 Pewter Gray** Chest piece inner ring
- **17 DMC 712 Cream** Letters

Three ways onto dark fabric

1. **Light shines through it**
   Lay page 3 on a bright light box, tape the fabric over it and trace the lines with a white marking pencil or pen.
2. **No light shines through**
   Print page 3 on a sticky wash-away sheet, smooth it onto fabric that can be washed, stitch through both and rinse it away.
3. **White or yellow carbon paper**
   Lay it colored side down on the fabric with page 3 on top, tape the layers and trace firmly with a ballpoint pen. Go over a faint line with a white pencil.

Page 3 is the pattern at actual size (page 4 is its mirror, for an iron-on pen on a light fabric). Print it at 100% with scaling turned off. Then put the fabric in the hoop: inner ring under, drawing up, tight as a drum.

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Nurse practitioner emblem

6 inch hoop

How to read it

Floss is six strands. Cut 18 inches (45 cm), pull out the number given one at a time, and lay them together.

Inside a filled shape start with two or three tiny stitches, which the filling covers. Start a line with a small knot on the back. End each thread by running the needle under the backs of a few stitches.

Each small ring is one French knot. A fine broken line inside a shape is where two shades meet: trace it, do not stitch it.

A number on the picture is a color of the list of floss on page 1. The fine lines on the colors show which way the stitches lie.

Every stitch in pictures: flossfield.com/embroidery/stitches. The first time: flossfield.com/embroidery/guides/how-to-start.



1	DMC 3821 Straw	**7**	DMC 351 Coral	**13**	DMC 318 Light Steel Gray
2	DMC 783 Medium Topaz	**8**	DMC 352 Light Coral	**14**	DMC 762 Very Light Pearl Gray
3	DMC 3820 Dark Straw	**9**	DMC 3824 Light Apricot	**15**	DMC 415 Pearl Gray
4	DMC 989 Forest Green	**10**	DMC 349 Dark Coral	**16**	DMC 317 Pewter Gray
5	DMC 3348 Light Yellow Green	**11**	DMC 3849 Light Teal Green	**17**	DMC 712 Cream
6	DMC 988 Medium Forest Green	**12**	DMC 964 Light Seagreen		

How many strands

Stem stitch. 3 strands: stems; 1 strand: inner line, tube light, steel light, letter shade.

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Nurse practitioner emblem

6 inch hoop

Print at 100% and check the square below with a ruler. Fold the fabric in four: the folds meet the four ticks of the ring.



1 in
25.4 mm

Check square: 1 inch (25.4 mm) on each side.
If it measures anything else, print again at 100% with scaling off.

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6 inch hoop

Mirrored. Trace this page with an iron-on transfer pen or pencil, then press it ink side down on the fabric.



1 in
25.4 mm

Check square: 1 inch (25.4 mm) on each side.
If it measures anything else, print again at 100% with scaling off.

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